

Unit	Activity Name	Page #	Large Group / Small Group
ASAP	Four Corners	9	L or S
ASAP	Mixed Bag	11	S
ASAP	Meet Me In The Middle	19	S
ASAP	Quick Draw	23	S
Aerobic Games	Builders and Bulldozers	7	S
Aerobic Games	Aerobic Bowling	9	L or S
Aerobic Games	Centipede Bucket Brigade	15	S
Fitness Challenges	Stretch Your Body	27	L or S
Fitness Circuits	Flexibility Circuit	9	L or S

Limited Space Activities (3-5)

June, 2017

Group Fitness	Aerobic Dances	11	L or S
Group Fitness	Sports Moves Aerobics	13	L or S
Movement Bands	Introduction to Movement Bands	5	S
Movement Bands	Lucky Guess	11	S
Cooperatives	Workout Buddies	5	L or S
Cooperatives	Have You Ever?	9	L or S
Cooperatives	Twist and Turn/Bend and Stretch	11	L or S
Cooperatives	Group Juggling	19	L or S
Dance	Whole Unit	1-44	L or S
Recess Activities	Straddle Ball	15	L or S

Limited Space Activities (3-5)

June, 2017

Stunts and Tumbling	Daily Dozen	7	L or S
Limited Space	Whole Unit	1-26	L or S